

# Falmouth Active seniors class. A gentle exercise class for all ages.



Location **South West, Cornwall**  
<https://www.freeadsz.co.uk/x-272590-z>



Adapted Fitness classes in Falmouth. Active seniors is an adapted class for adults who need to exercise in a gentle, caring environment with qualified instructors. Seated options are always demonstrated, and we include balance, strength and mobility. The Core Health Consultancy run classes at The Falmouth Hotel on Tuesday mornings at 10.15am. Call 01872 300261 to enquire and book, or just come along. £4.50 per.



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